



ARIZONA  
DEPARTMENT OF EDUCATION



**TOM HORNE**  
SUPERINTENDENT  
OF PUBLIC INSTRUCTION

**Health and  
Nutrition Services**  
(602)542-8700

**Mary Szafranski**  
Deputy Associate  
Superintendent

**Melissa Conner**  
CACFP Program  
Director

**Phoenix CACFP  
Specialists:**

**Kenny Barnes**

**Michael Flores**

**Jen Leftwich**

**Mandy McNeely**

**Dustin Melton**

**Tracey Nissen**

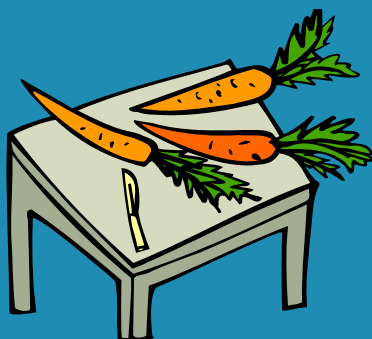
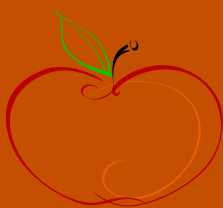
**Joe Steech**

**Tucson CACFP  
Specialists:**

**Cori Hensley**

**Ernie Montana**

**Elsa Ramirez**



# Table Talk

VOLUME 3, ISSUE 3

SUMMER 2007

"We are indeed much more than we eat, but what we eat can nevertheless help us to be much more than what we are." Adelle Davis

## Increase Flavor, Decrease Fat

While evaluating summer menus, try and incorporate ways to cut some of the fat in your favorite recipes. While not every single menu item needs to be low fat, there are many flavor filled alternatives that can be used to replace the usual high fat ingredients. You can typically decrease the fat in many recipes by 25% without losing taste. There are lots of creative ideas on how to trim the fat from foods. Here are some from the Building Blocks for Fun and Healthy Meals published by the USDA.

- When adding fats to recipes, select unsaturated fats such as liquid oils or soft margarine.
- Cook rice, grains and beans in defatted broth and add herbs and spices for more flavor.
- Trim visible fat off of meats.
- Drain meats after cooking.
- Use chilled, undiluted evaporated fat free milk as an alternate for cream.
- Use fruit purees, such as prune puree or apple-sauce in place of half the fat in some baked goods.
- When stir-frying keep the oil in the pan very hot. Vegetables soak up cold oil more quickly than hot oil.
- Use non-stick cooking spray on baking pans.
- Cut back on buttering vegetables by using one part margarine and one part lemon juice.



Remember to look at ingredient labels and recipes for high fat foods. When possible, choose similar products without high-fat ingredients. Look for the nutrient descriptions.

- ♦ When a product is listed as Fat Free, this means there is less than 0.5g of fat and saturated fat per serving in the product.
- ♦ If the word *Lean* is on a product, (meat, poultry or seafood) this means that there is less than 10g of fat per serving in that product.
- ♦ When *Extra Lean* is describing a product, less than 5g of fat per serving are in that item.

For more information, visit the USDA website at <http://www.fns.usda.gov/fns/>.

## Top 10 Reasons to Drink More Water

- Keep Skin Healthy
- Flush Toxins
- Reduce Your Risk Of Heart Attack
- Cushion And Lube Your Joints And Muscles
- Be Energized And Be Alert
- Stay Regular
- Reduce Your Risk Of Disease And Infection
- Regulate Your Body Temperature
- Burn More Fat And Build More Muscle
- Be Well



## Join the Club, give hands a good Scrub!

Did you know that each year more than 164 million school days are lost due to illness? It is believed that a vast amount of those lost days could be reduced if children and adults washed their hands properly and regularly. Hand washing can not only help to prevent the spread of germs, it can also help prevent many of the 76 million cases of food borne illnesses reported each year according to the U.S. Centers for Disease Control and Prevention. Children are one of the four groups at higher risk for contracting a food borne illness. Pregnant women, the very old, and individuals who are immuno-compromised make up the other three at risk groups. You can find lots of information about hand washing and fun activities for children if you visit [www.scrubclub.org](http://www.scrubclub.org). Here are some infectious diseases whose occurrences could be greatly reduced with proper and regular hand washing:

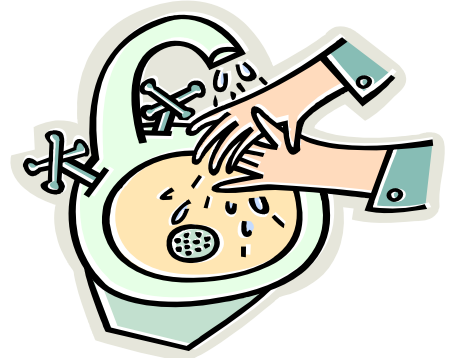
- ◆ Salmonella is a group of bacteria that can cause stomach illness in people and are usually transmitted by eating undercooked or raw eggs, poultry, etc.
- ◆ E. Coli has one strain that causes about 73,000 cases of food borne illness each year in the United States. This is common in animals, so ingestion potential is great anytime something is consumed or touched that has been apart

or near where animals are.

- ◆ Shigella is a germ that is caused by poor hygiene and is easily passed from person to person. This germ can cause stomach upset as well.
- ◆ Campylobacter is the most common bacterial cause of diarrhea in the United States. It is transmitted to people from untreated water, raw milk, and raw or undercooked meat.
- ◆ Influenza (the flu) is a virus spread from person to person and it is spread by coughing and sneezing. This is why you should always cover your mouth to cough, use tissues and wash your hands frequently.

Germs are spread easily by hands. Since hands are always touching different objects, from noses to telephones, they pick up germs and spread them easily. Germs can be spread both directly and indirectly. Direct spreading would be a child wiping his nose with his hand and then hugging his sibling. Indirect germ spreading is when a child puts a marker in her mouth, puts it down and then the teacher picks up that marker which would then have those same germs on it.

There are several instances where hand washing should be mandatory. Those are:



- ◆ After going to the bathroom
- ◆ After playing with pets
- ◆ Before eating
- ◆ After cleaning up spills
- ◆ After diapering a child
- ◆ Before and after preparing or serving food
- ◆ After playing out doors
- ◆ After coughing or sneezing into your hands or a tissue

The Scrub Club has added a fun spin on germ fighting with cartoon characters and activities. Their six steps of proper hand washing are:

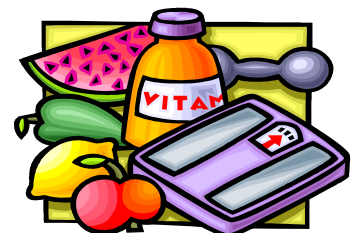
1. Wet hands with warm, running water.
2. Apply soap.
3. Rub hands together for 20 seconds to lather soap.
4. Scrub between fingers and under nails.
5. Rinse away all of the soap.
6. Dry hands thoroughly with a paper towel or warm air dryer.

This summer encourage your kids to become part of the Scrub Club and keep those hands clean!

## Which has the most Vitamin C?

- 1) 1 medium orange
- 2) 1/2 cup chopped red bell pepper
- 3) 1/2 medium mango
- 4) 1 child chewable multivitamin with extra Vit. C

If you guessed the mango, you are correct! 1/2 of a medium mango has an amazing 2015mg of Vitamin C! This is followed by the children's chewable multivitamin that contains 250mg of Vitamin C. The red bell pepper comes in third with 142mg of Vitamin C. Finally, the orange has 140mg of Vitamin C. Although you might have thought the orange packed the most Vitamin C, they are all great choices. Keep in mind that Vitamin C is a water soluble vitamin and needs to be consumed daily as it is not stored in the body. This important vitamin helps with wound healing and connective tissue formation.



## CACFP Center Policies

Does your center have all of the required internal policies for CACFP?

When your specialist comes to conduct an evaluation at your center, they will be checking to see if your center or organization has certain policies established. This will be documented on the evaluation form and assigned as corrective action if they are missing or incomplete.

For those with multiple sites or centers, two mandatory policies will need to be kept in the permanent file. There will need to be a policy in place that will address how to handle block claiming. This policy will need to outline the follow up action that is required when a block claim is identified, i.e. an unannounced review within 60 days of receiving the block

claim, as well as include the positions responsible for conducting these follow up actions. Multiple sites or centers also need a policy on how to handle parental contacts if necessary. This policy will address the steps to take when a parental contact is needed, for example when block claiming is identified.

All centers and sites will need to maintain a written policy and procedure regarding maintenance of all CACFP documentation. This policy should state where current fiscal year records are stored at the center, i.e. in the front office, director's office, kitchen, etc., as well as listing those employees with access to the records. Income Affidavits are confidential and must be kept in a locked storage area or file

cabinet. **CACFP records must be maintained for five years.** Records for years other than the current year may be archived, but must be made immediately available upon request. Your written policy should also state where these records are archived. This policy should also list the positions directly responsible for the maintenance of the CACFP records. If you have any questions regarding written policies contact your CACFP Specialist.



## Compliance Concerns

### Verification

All organizations that will participate in a CACFP fiscal year 2007 review will have a 10% sample of income applications selected for verification. The randomly selected applications will be verified by either parental contact or by other government agencies that ADE can legally access to confirm a household's eligibility for CACFP meals benefits.

During fiscal year 2007, results of the verification will not result in fiscal action, but will allow institutions the opportunity to develop a process to encourage accuracy with income applications. Contact your Specialist in you have any questions regarding the income application verification.

### Staff Meals

Any meal prepared by an organization that participates in CACFP that a staff member eats must be recorded on the Daily Meal Count Sheet. The participating organization will need to make sure that staff meals are not exceeding the 1:5 ratio. This means for every 5 children, one staff meal may be served. If staff meals do exceed the 1:5 ratio this would need to be reported on the sponsor claim as a value of excess personnel meals; meaning assigning a monetary value to the staff meal and reporting that amount on the claim.



### New On Line Tools!

There are two new online tools available for use with the CACFP program. There is now an online high sugar/high fat calculator. The Creditable Food and Simplified Buying Guide are now online as well.

Both of these tools can be found through the CACFP home page at [www.ade.az.gov/health-safety/cnp/cacfp](http://www.ade.az.gov/health-safety/cnp/cacfp). You can access them through Eligible Participants, and then select CACFP Resources.

Register on line through the ADE home page, [www.ade.az.gov](http://www.ade.az.gov), to sign up for the following classes.



## Classes

**Business Track:** June 26 (Phx), July 17 (Phx), July 31 (Tuc)

**Nutrition Track:** June 27 (Phx), July 18 (Phx), Aug. 1 (Tuc)

**Computer Track:** June 29 (Phx), July 20 (Phx), Aug. 2 (Tuc)

**Serving it Safe:** September 5th and 6th (Phx)

**Renewal Classes are being scheduled for July and August. All Centers and Day Care Home Sponsors must attend. Be on the look out for registration and class schedule postings online.**

## Safety Stuff

### Do you know the four steps to being food safe?

**Clean** - Wash your hands, utensils, cutting boards and surfaces before and after contact with raw meat, poultry, seafood and eggs.

**Separate** - Keep raw meat and poultry away from food that will not be cooked.

**Cook** - Use a food thermometer. You should not be judging whether or not food is cooked safely by how it looks.

**Chill** - Chill leftovers within two hours and keep the refrigerator at 40 degrees F or below.



For more food safety information visit: [www.befoodsafe.gov](http://www.befoodsafe.gov)

**Did you know** that beans are vegetables that provide a combination of protein, fiber, vitamins and minerals? Also, research has shown that diets including beans may reduce your risk of heart disease and certain cancers. The 2005 Dietary Guidelines for Americans developed by the USDA, recommends that Americans eat three cups of beans per week. Currently, Americans only consume one cup per week. MyPyramid, the USDA's recommended eating plan for Americans, lists beans in **two** food groups. Beans are listed in the Vegetable group because they are a plant based food, and they are also listed in the Meat and Beans Group because they are a good source of protein. Beans, unlike many other protein sources, are low in fat, saturated fat free, and cholesterol free. This makes them a great choice for vegetarians or people who are trying to cut back on their higher fat meat products. Beans also have more fiber per serving than any other vegetable. One serving can provide 20% or more of your daily fiber needs. Beans are also a great source of vitamins and minerals such as folate, potassium, iron and magnesium.

If you want to include more beans in your diet, start by keeping a variety of beans on hand in your pantry. Then try some of these delicious ideas: -Top your salad with garbanzo or kidney beans -Add black beans to store bought salsa to make black bean salsa -Stir a can of pinto beans into pasta sauce and pour over whole wheat pasta -Heat up some baked beans for the perfect side dish -Sauté black beans with vegetables, top with cheese and wrap in a tortilla to make a vegetarian wrap -Make your own refried beans by sautéing onion and garlic, adding pinto beans, and mashing with a fork or potato masher.

### White Chicken Chili

1 can (10 oz) white chunk chicken

3 cups cooked white beans

1 can (14.5 oz) low sodium diced tomatoes

4 cups low sodium chicken broth

1 med. onion, chopped

1/2 green pepper, chopped

1 med. red pepper chopped

2 minced garlic cloves

2 tsp chili powder

1 tsp ground cumin

1 tsp dried oregano

Cayenne pepper to taste

6 Tbs shredded reduced fat Monterey Jack cheese

In a large soup pot, add the chicken, beans, tomatoes and chicken broth. Cover and simmer over medium heat. Meanwhile, spray a non-stick frying pan with cooking spray. Add the onions, peppers, and garlic, sauté 3-5 min. or until vegetables are soft. Add the onion and pepper mixture to the soup pot. Stir in the chili powder, cumin, oregano, and, as desired, cayenne pepper. Simmer for ten minutes or until all the vegetables are soft. Ladle into bowls and top with one tablespoon of Monterey Jack cheese. Serves 6.

The institution is an equal opportunity provider and employer.

Printed in Phoenix, Arizona, by the Arizona Department of Education with funds from the U.S. Department of Agriculture.

Copies: 400, Total Cost: \$ , Unit cost: \$ , Date: 6/07



Arizona Department of Education  
Health and Nutrition Services  
Child and Adult Care Food Program  
1535 West Jefferson Street, Bin # 7  
Phoenix, AZ 85007